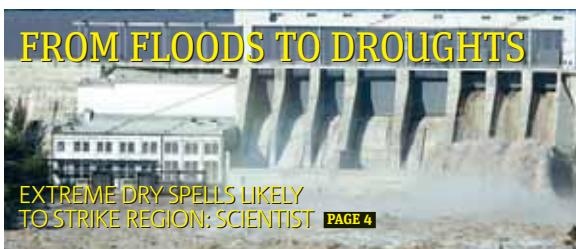




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Bryan Cranston poses in the press room with the awards won for best TV drama series and best actor in a drama series for *Breaking Bad* at the 71st annual Golden Globe Awards at the Beverly Hilton Hotel on Sunday in Beverly Hills. For full Golden Globes coverage, see page 15.

JORDAN STRAUSS/INVISION/THE ASSOCIATED PRESS

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Fired cabbies pitch 'WestJet' type service

Application. Driver-owned company would offer better dispatch service: Head

Cabbies who staged repeated wildcat strikes in protest of working conditions under the Associated Cab banner are now steering an effort to launch a company of their own and pledging to put the customer first.

If approved by the City of Calgary's livery transport services department, the brokerage, known as Calgary United Cabs, could roll out with up to 100 vehicles working city streets, according to Rupinder Gill, who's heading up the proposal submitted last month.

He said Sunday all United drivers would be considered

"owners" of the company, comparing the model to one made famous by a well-known Calgary airline.

"It would be like the WestJet of the taxi industry," Gill said. "We know all the drivers. We know what the driver goes through ... this will make them more invested in the company and would give them more options."

Gill said while United wouldn't add more cabs to city streets — the city controls the "slow-release" of taxi licences — he would focus on improving dispatch services, noting a primary complaint of customers is repeated busy signals and prolonged delays for a pickup during peak-service hours.

Gill was fired along with another driver in October amid allegations he assaulted Associated Cab President

Roger Richard and after helping orchestrate three wildcat strikes involving fellow drivers at Calgary International Airport.

Jeff Garland, Associated's general manager, however, wished his former drivers a sarcastic "good luck" with their endeavour, adding he saw little incentive for drivers to jump from his outfit to United, if given the green light. He added that Associated's dispatch system alone cost \$2.5 million and there is required insurance and general marketing needed to entice customers to a company they're unfamiliar with.

"It's very costly," he said. "You've got to run 24 hours a day, seven days a week, 365 days a year — and that's just your staffing — and then you have to have the infrastructure to do it." JEREMY NOLAIS/METRO

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Elbow Park kids 'worth more' to province: Parents elsewhere

Education uproar.

Replacement school could cost up to \$20M, will serve far fewer kids than cheaper buildings

 JEREMY NOLAIS
jeremy.nolais@metronews.ca

Parents in communities starved for new schools are questioning a move to rebuild a flood-damaged Calgary school at a steeper cost than other elementary facilities that could ultimately serve up to three times as many kids.

Calgary Board of Education trustees voted last week to tear down Elbow Park School and rebuild it after water pooled under the building, causing severe structural damage during June's historic flood. The move was actually pegged as being far cheaper than trying to repair the original facility — a move that Education Minister Jeff Johnson said Sunday came with "no guarantees."

Even still, sources said trustees were informed behind closed doors the replacement building could cost up to \$20 million, roughly 40 per cent more than other elementary buildings pegged for Calgary that will house 600 kids.

Elbow Park's current student population at a temporary modular school hovers at 185 kids.

Infuriating parents in Calgary's fast-growing west side even further is word that students from the Spanish bilingual program at Westgate School will now be moved



Elbow Park School, seen here Sunday evening, will be torn down and rebuilt after floodwaters damaged its foundation in June. ROBSON FLETCHER/METRO

14 kilometres southeast to Eugene Coste, the same building that was housing Elbow Park kids while they awaited newly modular classrooms in the field of Earl Grey School.

Susannah Thomsen has one child attending the Westgate program and another that she hoped would be starting this fall. She said CBE officials have presented "dozens of scenarios" in recent years to address overcapacity issues at Westgate — a board report states the school sits at 91 per cent capacity this fall — but Coste was never mentioned as an option until

an email came declaring the move final on Thursday. She's now considering whether to put her youngsters back into a regular English program.

"It felt like the rug was pulled out from under us," Thomsen said, later adding, "It does seem hard to explain why Elbow Park (kids) couldn't be either driven or bussed to a school that was 15 minutes away (in Eugene Coste) but the Westgate Spanish program can be driven up to an hour and quarter away.... I can't imagine what the province's answer is to that except that those children are worth

more per head than other children in the city."

But Education Minister Jeff Johnson deflected any claims that his government was playing favourites with students in Premier Alison Redford's riding.

"The jigsaw puzzle in terms of what programs are in what schools is something they (the CBE) have to wrestle with locally," he said in an interview Sunday. "The response to the flood is a separate issue than dealing with enrolment or program moves or capacity issues Calgary has."

The price tag

CBE officials and provincial Education Minister Jeff Johnson said keeping certain historical features of the original Elbow Park School and a need to mitigate against future flood damage could drive the cost for a replacement facility up over a typical building.

- But Johnson said Sunday he'd been told the cost for the new facility would still land around \$14 million.

1
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Droughts to replace floods as long-term threat: Scientist

Precipitation patterns

El Nino, La Nina, and 'pacific decadal oscillation' affect rain, snow over multi-year periods



ROBSON FLETCHER

robson.fletcher@metronews.ca

Extreme droughts like those currently ravaging much of California are likely to strike southern Alberta in the coming decades, according to a scientist now working with the City of Calgary to protect against both high- and low-water events.

"We've entered a phase in which, for 20 to 30 years, we're more likely to have floods than droughts, but it's going to flip," said Dr. David Sauchyn, senior research scientist with the Prairie Adaptation Research Collaborative. "The probability of drought is going to become much higher than the prob-

Quoted

"The natural factors that drive our climate and global warming are both conspiring to make it very likely to have a severe drought, somewhere in the middle of this century."

Dr. David Sauchyn, senior research scientist with the Prairie Adaptation Research Collaborative at the University of Regina

ability of flooding."

Sauchyn's forecast is based on a millennium's worth of regional river-flow data he has amassed through the analysis of tree-growth rings. While there is plenty of variation year-to-year, when examined on a larger time scale, a pattern emerges of extended wet periods followed by extended dry periods.

"You can see these cycles," Sauchyn said. "They've been around for a thousand years."

Mark Bennett, executive director of the Bow River Basin Council, said concerns based largely on Sauchyn's research led to a special project that got underway in 2009, "specifically for the purpose of drought mitigation."

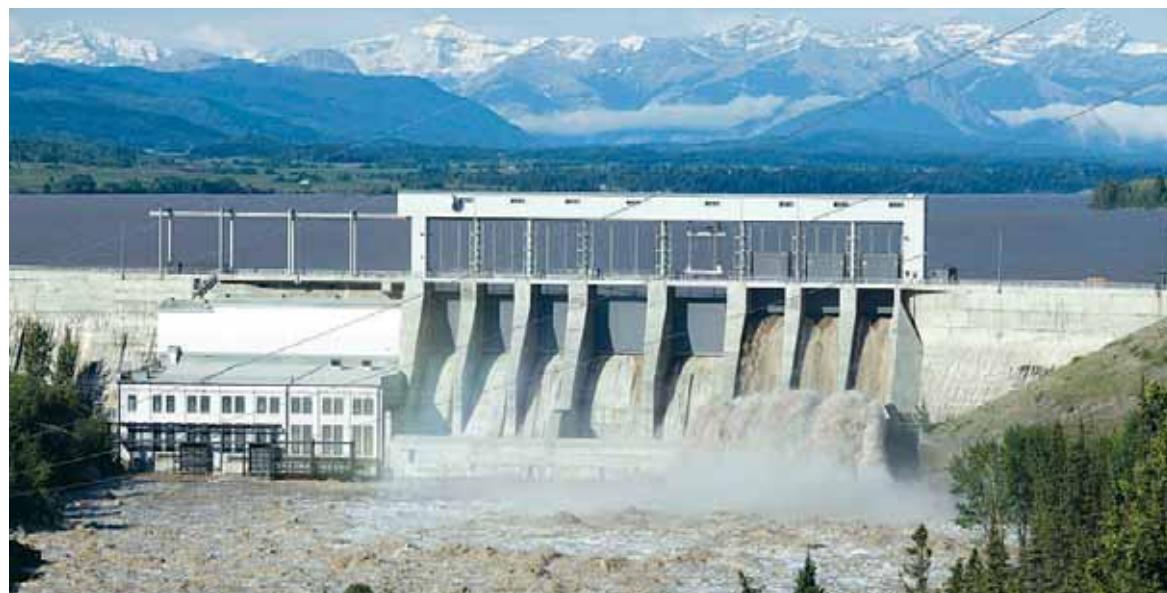
"Our basin can probably withstand a two-to-three-year drought," Bennett said. "Anything longer than that and it might start to get a bit sketchy."

Of course, as it turned out, it was not a lack of water but an excess of it that led to catastrophe in southern Alberta in June 2013.

But, Bennett noted, protection from both threats can be found in existing infrastructure like dams, provided they are used for that purpose. The problem is they can't do both at once.

"The perfect reservoir for drought mitigation is full and the perfect reservoir for flood mitigation is empty," he said.

And while public attention has been focused on flooding as of late, city officials are looking at water-management concerns as a whole, including



Provided the city and province are willing to pay TransAlta for lost hydroelectric generation, the Ghost Lake Dam could be used for both flood mitigation and drought mitigation (just not at the same time), says Mark Bennett, executive director of the Bow River Basin Council. JEFF MCINTOSH/THE CANADIAN PRESS FILE

the potential for drought down the road.

"The long-term issue is really a shortage of water in the basin," city manager Owen Tobert said during flood-mitigation discussions at the final council meeting of 2013.

The city continues to work on reducing its overall need for water through a variety of programs, bylaws and technologies, said Margaret Beeston, a water resource planning and policy leader.

She noted that Calgary pulled 178.5 billion litres from the Bow and Elbow rivers in 2012, down from 212.5

billion litres in 2003, even as the population grew by roughly 200,000 people.

Sauchyn is now working with the city to further refine predictions based on his historical river-flow data, taking into account potential effects of climate change, which he expects will affect at least the severity, if not the likelihood, of future droughts.

"It's going to be a much warmer climate and if we're lacking water during a hot summer, it's a much bigger problem than lacking water during a cool summer," he said.

Southern Alberta circa 1850

Cycles of drought

After surveying sections of the Bow River basin for the prospect of settlement in the late 1850s, John Palliser declared the land "forever comparatively useless" due to the persistent droughts he observed at the time.

Following crop failures in 1889 and 1890, an editorial in the Medicine Hat Times said

"it would be almost criminal to bring settlers here," due to the lack of water.

In the 1930s, a lack of moisture and severe dust storms led to the so-called "Dust Bowl" that devastated the province and exacerbated the effects of the Great Depression. In between those extended dry spells, however, farmers often saw plenty of rain and communities worried more about flooding than drought.

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Alberta. Most pharmacy technicians have met standards: Health authority

Alberta Health Services officials are working to alleviate fears that new regulations for pharmacy technicians will lead to complications with providing prescription drugs to patients.

Concerns had been raised by workers and a representing association that a new regulation test for those responsible for filling and organizing drug orders could lead to mass job losses and result in a lack of capable staff.

But AHS said in a statement

Suspects in custody

Man stabbed in neck

Emergency surgery was performed on a man stabbed in the neck during what appears to have been a drunken dispute overnight Saturday.

Police were called to the 0-100 block of Falmere Way NE around midnight and discovered a man in front of a residence with a stab wound

provided to Metro that 94 per cent of 800 technicians working in the province have successfully passed the regulation test. "Patients will continue to receive safe and effective medication therapy," the statement said. "We have strategies to deal with any potential short-term staffing issues."

Representatives with the Health Sciences Association of Alberta, which had raised concerns about the new regulations, could not be reached for comment. JEREMY NOLAIS/METRO

in his neck, said Det. Dale Seddon. The victim is now considered to be in stable condition, he said. Two offenders were taken into custody from the residence, Seddon added. "All three people were intoxicated, so our investigation's become a bit protracted as we allow these individuals to sober up so we can ascertain exactly what happened," Seddon said. JEREMY NOLAIS/METRO

Melrose place has its doors shut suddenly



Paper covered the windows of Melrose Cafe & Bar Sunday after a surprise announcement that the venue was shutting down after more than two decades of operation. MICHAEL LUMSDEN/FOR METRO

Unceremonious exit. Venue became a mainstay during Calgary Flames '04 playoff run

Known for throwing raucous Red Mile parties, Melrose Cafe & Bar caught many off guard Sunday with the announcement it was shutting its doors immediately.

Owners only informed staff early Sunday of the shutdown as they cleaned up after a typical weekend crowd came through. A notice posted to the venue's website indicated the team will now focus solely on a smaller location inside Cow-

boys Casino but marketing manager Tony Johanson conceded there won't be space for all staff to join the nearby site.

Melrose had been in business at its 17th Avenue site for 23 years and saw a rise in popularity during the 2004 Calgary Flames run to the Stanley Cup.

"We were hoping to go away quietly," Johanson said, adding the decision to shut the venue has been mulled for awhile by the owning Leong family. "We're grateful for the 23 years we've had in business and everything that the community's given back to us."

Johanson said even some revellers Saturday night were likely unaware of the closure.

JEREMY NOLAIS/METRO

Will be missed

"The wait staff generally were great. The regular clientele were also wonderful, the trivia was great, for my purposes. I can't even imagine what could possibly have happened." Former patron Ivar Bergs, on closure of Melrose Cafe & Bar.

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Former Israeli prime minister Ehud Olmert stands in front of the coffin of Ariel Sharon at the Knesset plaza in Jerusalem on Sunday. Sharon, the hard-charging Israeli general and prime minister who was admired and hated for his battlefield exploits and ambitions to reshape the Middle East, died Saturday, eight years after a stroke left him in a coma from which he never awoke. He was 85. ODED BALILY/THE ASSOCIATED PRESS

Israelis offer final goodbyes to Ariel Sharon

'There will never be anyone else like him.'
Former comrades, political allies and regular citizens flock to Jerusalem to pay respects to late leader

Israelis from all walks of life flocked to parliament Sunday to catch a glimpse of Ariel Sharon's coffin and pay their final respects to the iconic former prime minister and general.

A stream of visitors ranging from former army comrades to political allies to citizens

who only knew him from afar remembered Sharon as a decisive leader, for better or for worse, and one of the final heroes of Israel's founding generation.

"Those who didn't know him from up close can't truly understand what a legend he was," said a choked-up Shlomo Mann, 68, who served under Sharon's command in the 1973 Mideast war. "There will never be anyone else like him."

The 85-year-old Sharon died Saturday, eight years after a stroke left him in a coma.

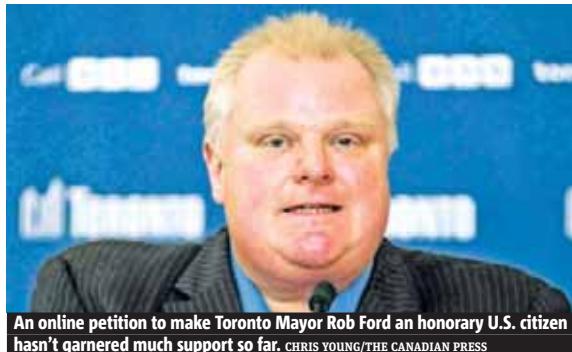
In a career that stretched across much of Israel's 65-year existence, his life was closely intertwined with the

country's history. As one of Israel's most famous generals, the man known as "Arik" was renowned for bold tactics and an occasional refusal to obey orders. To his supporters, he was a war hero; to his critics, a war criminal.

As prime minister late in life, he was embraced by the public as a grandfatherly figure who provided stability in times of turmoil.

A state memorial is planned for Monday at parliament, followed by a funeral service at Sharon's ranch in southern Israel. U.S. Vice-President Joe Biden, former British Prime Minister Tony Blair and others are expected to attend the ceremonies. **THE ASSOCIATED PRESS**

Ford an honorary American? Thanks, but no thanks



An online petition to make Toronto Mayor Rob Ford an honorary U.S. citizen hasn't garnered much support so far. CHRIS YOUNG/THE CANADIAN PRESS

A petition to make Toronto Mayor Rob Ford an honorary U.S. citizen hasn't garnered much support so far.

The petition appears on the White House website under the headline: "Proclaim Robert Bruce 'Rob' Ford, the 64th Mayor of Toronto, An Honorary Citizen of the United States of America."

Four people had signed it by Sunday afternoon.

The petition had been on the website since Jan. 3, and

even though it had received a bit of media attention, that didn't exactly appear to have spurred a great public stampede toward the cause.

The tongue-in-cheek petition says: "(Ford) has at once demonstrated an exceptional proclivity to act for the greater good and been the subject of horrifying political attacks. The evidence demonstrates the attacks are motivated by Mayor Ford's unwavering adherence to good governance over the

interests of his political opponents."

It goes on to say, "Mayor Ford is clearly a hero of humanity who deserves the very best. We therefore petition (President Barack) Obama to declare Mayor Ford an Honorary Citizen of the United States."

As of Sunday afternoon, the petition was 99,996 signatures short of the 100,000 required to get a White House response.

THE CANADIAN PRESS

That's no moon, it's a petition

The White House instituted the 100,000-signature requirement after it had been hit with spoof petitions — demanding America build a "Star Wars-style Death Star."

- The White House had to politely, and jokingly, inform people that it was not fiscally feasible in a time of budget constraints.

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Gay man jailed for sending text message dies

Cameroon. Lawyer blames government for 34-year-old's death following a hernia

A gay man in Cameroon who was jailed for sending a text message to another man saying "I'm very much in love with you," and who was later declared a prisoner of conscience by Amnesty International, has died, according to a lawyer who worked on his case.

Roger Jean-Claude Mbede, 34, died Friday roughly one month after his family removed him from the hospital where he had been seeking treatment for a hernia, lawyer Alice Nkom said.

"His family said he was a curse for them and that we

should let him die," she said. Mbede was arrested in March 2011 in connection with the text message and convicted the following month under a Cameroonian law that imposes up to five years in prison for homosexual acts. He received a three-year sentence.

Cameroon brings more cases against suspected gays than any other African country, according to Human Rights Watch. The rights group said in a March 2013 report that at least 28 people had been charged under the law in the past three years.

Mbede developed the hernia while in prison. In July 2012, he was granted provisional release on medical grounds, according to Human Rights Watch, and went into hiding. An appeals court upheld his conviction in Decem-

Unapologetic

Cameroonian officials have been unapologetic about their enforcement of the anti-gay law, and have rejected recommendations from the U.N. Human Rights Council to protect sexual minorities from violence.

ber 2012. "I accuse the state," said Nkom, the most prominent of a small group of lawyers in Cameroon willing to defend suspects charged with violating Cameroon's anti-gay law. "If there had not been criminalization of homosexuality, he would not have gone to prison and his life would not be over. His life was finished as soon as he went to prison."

THE ASSOCIATED PRESS

International deal

Iran agrees to slow down, open up nuclear program

Iran has agreed to limit uranium enrichment and to open its nuclear program to daily inspection by international experts starting Jan. 20, setting the clock running on a six-month deadline for a final nuclear agreement, officials said Sunday.

In exchange, the Islamic Republic will get a relaxation of the financial sanctions that have been crippling its economy.

The announcement that Iran and six world powers (Britain, China, France, Germany, Russia and the U.S.) had agreed on the plan for implementing an interim agreement came first from Iranian officials and was later confirmed elsewhere. Some U.S. lawmakers have been leery of the agreement, calling for tougher sanctions against Iran.

Deputy Foreign Minister Abbas Araghchi told IRNA state television some \$4.2 billion in seized oil revenue would be released under the deal. THE ASSOCIATED PRESS



The colour of democracy

An anti-government protester holds a national flag during a speech from the stage during a rally at the Democracy Monument in Bangkok, Thailand, Sunday. The protesters want caretaker Prime Minister Yingluck Shinawatra to resign and her government replaced by a non-elected interim administration, which will implement reforms they say are needed to stop corruption and money politics. APICHART WEERAWONG/THE ASSOCIATED PRESS

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'Creepy' new NameTag app can ID you at the snap of a photo, watchdogs warn

CreepTag? The app can spot and match a face in seconds



KATE WEBB
Metro in Vancouver

A new facial recognition app that allows anyone to instantly look up social media and dating profiles of someone whose photo they snap has been denounced by Canadian privacy watchdogs as "creepy" and "dangerous."

Creators of the app, called NameTag, say it can spot a face using Google Glass' camera or an Android phone, send it to a server, compare it to millions of online records and in seconds return a match complete with a name, additional photos and social media profiles.

The developer, FacialNetwork.com, says it is working on making the system compatible with dating sites such as PlentyOffish.com, OkCupid.com and Match.com, and that it will also be able to identify people with a criminal history.

Google Glass does not currently support facial recognition apps because of privacy concerns, but the app's developers are hoping to change that. In the meantime there will be several other ways to access it once it is released in the spring. Anyone with a photo of a stranger will be able

Facial recognition

Heather Ormerod, a spokesperson for the Privacy Commissioner of Canada, said that since neither the app nor Google Glass are currently available in Canada, her office has yet to examine it in depth.

- The technology is already used by some Canadian stores to stop known shoplifters from entering, and by governments, high-security buildings and banks to verify identities.
- Facial recognition technology is not illegal in Canada, but privacy commissioners have prohibited its use, such as when the Insurance Corporation of B.C. offered it to police to help them identify Stanley Cup rioters.

to log in to the NameTag website or use a device that supports the app. They can upload the photo and discover the subject's Facebook, Twitter, and LinkedIn accounts, as well as dating profiles.

The app's creator, Kevin Alan Tussy, said in a statement that people who do not wish to be identified will be able to log onto the website and opt out of being searchable. **WITH FILES FROM TORSTAR NEWS SERVICE**



NameTag, a new facial recognition app and website expected to be released this spring, can comb through millions of social media profiles in seconds, according to its creators. COURTESY/FACIALNETWORK.COM

Watchdog warning

Perfect for predators

Popular children's entertainer and advocate Raffi Cavoukian, whose sister Ann Cavoukian is Ontario's privacy commissioner, began tweeting about NameTag as soon as news of it reached him this week.

He is the founder of the B.C.-based Centre for Child Honouring, and co-founded the Red Hood Project, a

movement for consumer protection for children, in the wake of the Amanda Todd tragedy. He has also written a book about Internet privacy called Lightweb, Darkweb: Three Reasons To Reform Social Media Before It Reforms Us.

He said NameTag's promise to protect minors rings hollow. "It's impossible," he said. "You can't know how old someone is online in social media."

His Red Hood Project

co-founder, Vancouver-based activist Sandy Garossino, has been calling for years on the federal government to force social media companies to require age verification.

Metro is awaiting answers from NameTag about how the app can assure that minors will not be searchable in the absence of mandatory age verification by social media companies. But even beyond concerns about children's safety, Garossino said the app should raise major

red flags for women everywhere. "Guys will use this to identify women that they want to find out more about and meet," she said. "So it is clear this opens the doors wide to stalking... For girls and women this is actually a real and present danger."

"The public should be getting extremely angry about this, and women need to stand up and say 'this is not on, our faces are not your property. Your right to invade my space stops at my face.'"



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Seventy-five Canadians are among the 1,058 finalists shortlisted for a one-way mission to the red planet with Mars One. Here's a look at one of the candidates.

In the running

Waking up at 5:30 a.m. for a light breakfast of a bagel, a handful of trail mix and a variety of vitamins, Justin Semenoff is a pretty normal guy.

A skilled blacksmith, a father of one son and a combat engineer with the Canadian Forces, you wouldn't take a second look at Semenoff when he's shopping at Co-op in Saskatoon's Stonebridge neighbourhood or while he's out for a bicycle ride. But there's something unusual about this 35-year-old Saskatchewanian.

Semenoff, alongside 75

other Canadians, has been shortlisted from among 200,000 applicants as a candidate for the Mars One project — an ambitious endeavour with a goal to launch the first human colony on the Red Planet in 2025.

Describing himself as not a "hugely public person," Semenoff points out that being shortlisted has taught him skills and prompted him to want to become an ambassador for the mission.

An hour after breakfast, Semenoff travels from his condominium to what he calls his "second home" — Diekema Martial Arts in downtown Saskatoon.

Semenoff generally trains two to three hours per session, three times a week.

"It falls into the same category as family. How do you get up and leave them



Justin Semenoff MORGAN MODJESKI/
METRO IN SASKATOON

forever?" he asked, as sweat poured down his face. "But with great accomplishment comes great responsibility and sacrifice ... I'll focus on that when — and if — that time ever comes." MORGAN MODJESKI/METRO IN SASKATOON

Chemical spill keeps businesses closed

West Virginia. At least a million litres of water delivered to deal with disaster at Freedom Industries facility

Frustration is mounting for many of the 300,000 West Virginia residents who have gone

without clean tap water since a chemical spill on Thursday.

Business owners with empty dining rooms and quiet aisles of merchandise around West Virginia's capital city were left to wonder how much of a hit they'll take from the spill.

Most visitors have cleared out of Charleston while locals are staying home or driving out of the area to find a place to get a hot meal or a shower.

All told, 32 people have sought treatment at hospitals for symptoms such as nausea. Of those, four were admitted to the Charleston Area Medical Center but their conditions weren't immediately available.

A water company executive said it could take days before clean tap water is flowing again for the roughly 15 per cent of the state's population that is affected. **THE ASSOCIATED PRESS**

Smells like licorice:

The emergency began following complaints of a licorice-type odour in the tap water.

- The source: 4-methylcyclohexane methanol, which leaked out of a 151,400-litre tank at a facility along the Elk River.



Restaurants and businesses in Charleston, W.Va., remain closed and unable to serve customers Sunday. **MICHAEL SWITZER/THE ASSOCIATED PRESS**

France

'First lady' hospitalized after news of affair

The woman considered France's first lady was hospitalized after a report the president is having an affair with an actress, her office said Sunday, as a poll was released showing the French shrugging off any liaison as none of their business.

Valerie Trierweiler was hospitalized Friday — the day a magazine report and photo spread came out — for "rest and a few tests," said her chief of staff.

According to a poll, 77 per cent of those asked believed the liaison should be private. The poll was released before the hospitalization was made public.

THE ASSOCIATED PRESS

Port-au-Prince

Haitians sombrely mark 4th anniversary of earthquake

Haitians paused Sunday to remember the tens of thousands of people who died in a catastrophic earthquake four years ago, holding sombre low-key commemorations on a national day of reflection.

President Michel Martelly and first lady Sophia Martelly placed a bouquet of white flowers at a potter's field north of the capital of Port-au-Prince that is being turned into an official memorial for those killed.

The 7.0-magnitude earthquake struck outside Haiti's capital on Jan. 12, 2010. Officials say more than 300,000 died, but no one knows for certain how many people lost their lives.

THE ASSOCIATED PRESS

It's time to take the conversation upstream.

Healthy forests are nature's sponges. They are the best insurance against future floods. Southern Alberta's land use plan must do more to protect our headwaters from road building and clear-cut logging. You have until January 15th to tell the Premier what you think.

premier@gov.ab.ca

Have your say. Visit www.y2y.net/upstream.

photo credit: Ray Wong (left), Stephen Legault (right)

 **CPAWS**
CANADIAN PARKS AND WILDERNESS SOCIETY

Yellowstone to Yukon Conservation Initiative 



N.Y.C. mayor caught eating pizza with a fork

New York Mayor Bill de Blasio eats pizza with a fork at Goodfellas Pizza in the Staten Island borough of New York, Friday. That's a no-no for most New Yorkers, who are very opinionated when it comes to proper pizza-eating technique. Many advocate using their hands to hold the slice, folding it like a taco and then taking a bite.

THE ASSOCIATED PRESS/NEW YORK CITY HALL

Syria. Rebel infighting leaves nearly 700 dead

Rebel-on-rebel clashes have killed nearly 700 people over the past nine days in northern Syria in the worst bout of infighting among the opponents of President Bashar Assad since the country's civil war began, activists said Sunday.

The fighting pits the al-Qaida-linked Islamic State of Iraq and the Levant (ISIL) against several Islamist and more moderate rebel brigades. The ISIL muscled its way into opposition-held territory in northern Syria last spring, co-opting some weaker rebel

Peace talks

Syria's opposition came under steady pressure Sunday to attend peace talks in Switzerland in a week.

- U.S. Secretary of State John Kerry joined other foreign ministers who urged coalition President Ahmed al-Jarba to deliver his group and meet with the government it hopes to overthrow.

brigades and crushing others.
THE ASSOCIATED PRESS



Buildings, including the Dar Al-Shifa hospital, bottom, lay in ruins following air strikes in Aleppo, Syria, in this November 2012 photo. THE ASSOCIATED PRESS



Above, Blake as a happy 7 year-old.
Now you know where homeless adults can come from.

(Blake, currently homeless)



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Students fight security forces ahead of key vote

Egypt. More than 52 million voters to decide whether to support amendments to the constitution

Hundreds of students supporting Egypt's ousted president battled security forces Sunday at three Cairo universities, two days before a referendum that officials say will be protected by a massive deployment of soldiers and police.

The clashes came as Egypt's Interim President Adly Mansour urged voters to head to the polls to cast ballots Tuesday and Wednesday on the draft constitution. Mansour said that the draft charter used "moderate" Islam as a base for legislation. He also asked voters "to lead the ship of the nation to the shores of safety." Egypt's more than 52

million voters will decide whether to support amendments to the constitution initially drafted under toppled Islamist President Mohammed Morsi. Two panels dominated by secular-leaning politicians and legal experts rewrote the document.

A large turnout and a strong "yes" vote would give legitimacy and a boost to a military-backed plan for presidential and parliamentary elections.

On Sunday, Morsi's Muslim Brotherhood group and its allies stepped up confrontations in the streets ahead of the vote. Students at Cairo and Ain Shams universities marched off campus, burned tires and blocked main roads. Riot police fired tear gas and students responded by hurling stones. In one incident, witnesses say the students set a police vehicle and a traffic post on fire.



A supporter of ousted leader Mohammed Morsi flashes the "Rabaa" sign, used by Muslim Brotherhood activists, during a protest in Nahda Square, near Cairo University in Giza, Egypt, Sunday. HEBA ELKHOLY/THE ASSOCIATED PRESS

Students at the Islamic Al-Azhar University also protested. Police arrested 19 protesters for blocking traffic, said a security official.

The military and police will deploy hundreds of thousands of soldiers and officers — including special

forces commandos — to guard the vote.

Mansour also ordered a change to Egyptian law to now punish those found guilty of illegally casting a ballot with up to 15 years in prison.

THE ASSOCIATED PRESS

'Score-settling' kills 13 in Central African Republic: Red Cross

Scattered violence in the capital of Central African Republic, including two nights of intense gunfire in some neighbourhoods, has killed 13 people since Michel Djotodia announced his resignation from the presidency on Friday, the Red Cross said.

The victims were mostly targeted in isolated incidents of "score-settling" and the number was likely to rise as violence continued in pockets of Bangui, the local Red Cross president said Sunday.

In Bangui's Boulata neighbourhood, Muslim youths claiming to seek revenge for Djotodia's exit set fire to a church while children in the Sica-Saidou neighbourhood stole items from a mosque before setting it alight, saying they were avenging the killing of a Christian the night before. And in Galabadjia, a distraught former member of Seleka opened fire seemingly at random on Saturday, killing and injuring an untold number of bystanders.

Many streets in Bangui were deserted Sunday with residents of some neighbour-

The victims

"Among the dead we've found night watchmen, street children and the victims of stray bullets."

Antoine Mbao-Bogo, local Red Cross president, commenting on the violence.

hoods holed up fearing further violence.

Backed by his mostly Muslim Seleka rebel alliance, Djotodia seized power in March. On Friday, he agreed to step aside along with his prime minister at a regional summit in Chad amid mounting pressure over his failure to stem widespread violence pitting Muslims and Christians against each other.

The violence reached new heights in December, killing more than 1,000 people and prompting nearly 1 million to flee their homes.

Djotodia sought exile in the West African nation of Benin on Saturday, flying on a plane lent by the president of Chad.

THE ASSOCIATED PRESS

Spain

Rally backs return of ETA prisoners

Around 100,000 people marched in Spain's northern city of Bilbao late Saturday calling for prisoners from armed Basque separatist group ETA to serve out their sentences in their native region rather than in jails in other parts of Spain. Organizers had called for the march to be silent but participants chanted prisoners' names loudly.

THE ASSOCIATED PRESS

Rwanda

Consequences for betrayal: Kagame

It's a matter of time before those who've betrayed Rwanda face consequences, Rwandan President Paul Kagame said Sunday, nearly two weeks after the killing of a former Rwandan spy master turned dissident in a Johannesburg hotel. Kagame's critics have accused him of ordering the killing. Government representatives have not denied or accepted responsibility.

THE ASSOCIATED PRESS

Put eggs in more than one basket



HOW TO ROLL
Alison Griffiths
metronews.ca

There has never been a better time to be defensive with stock market investments. Record highs of more than 25 per cent gains were reached in the American markets in 2013. Even though Canada and Europe lag, whatever happens to the U.S. in terms of a market decline will definitely affect everyone else.

An asset allocation will protect you by taking the emotion out of investing. You follow the asset allocation, not the fears, hopes and predictions littering the money world.

In 1990, Dr. Harry Markowitz won a Nobel Prize in economics after proving that diversified portfolios (don't put all your eggs in one basket) maximize return while minimizing risk.

In the end, minimizing risk is the single most important investing goal.

An asset allocation apportions your money among cash (GICs, high interest accounts), bonds and equities. The first two are often lumped together and called fixed income.

Cash is a good place to start. Its role is to cope with emergencies inside and outside a portfolio. Those outside the portfolio include unexpected expenses. Let's assume that your 100-per-cent equity portfolio dropped 40 per cent in 2008-09, but you needed to withdraw some funds. Without cash you would have had to sell investments at a huge loss.

Cash inside your portfolio also allows you to tweak your asset allocation during times of stock market emergencies. Say you choose an allocation of 15 per cent cash, 35 per cent bonds and 50 per cent equities. When the markets were slammed in 2008-09, the percentage in equi-

ties declined dramatically.

Cash offered the chance to buy more equities and bring the percentage back closer to 50 per cent. Here's where an asset allocation really shines. If 50 per cent equities is your chosen amount, when it drops to, say, 35 per cent you don't fret about whether it's time to buy back into the market. You just do it based on the percentages.

Anyone who used cash to follow a chosen asset allocation during the various market declines over the past 20 years is sitting pretty now.

Every Monday

Alison Griffiths is a financial journalist, bestselling author and broadcaster. Her new investing column, **How to Roll**, will run Mondays in Metro and at metronews.ca



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\$350,000 hunting permit puts club in crosshairs

A taxidermist does some touch-up painting to an African elephant mount set up for the Dallas Safari Club Convention and Sporting Expo last week. The club came under fire after sponsoring an auction to raise money for conservation efforts where a permit to hunt an endangered African black rhino sold for \$350,000 US. TOM FOX/THE DALLAS MORNING NEWS/THE ASSOCIATED PRESS

Mother Nature on the run?

Singer Neil Young compares oilsands to Hiroshima

Singer Neil Young has launched a blistering attack on the Harper government and Alberta's oilsands.



Neil Young
THE CANADIAN PRESS

Young told a news conference on Sunday as far as the governing Conservatives are concerned, "money is number one, integrity isn't even on the map."

The news conference was to kick off the first of four concerts aimed at raising support for an Alberta First Nations that is fighting development of Alberta's oilsands.

Young, who said he recently visited one of the oilsands sites, compared the pollution to Hiroshima, the Japanese city where the first atomic bomb was dropped during the Second World War. THE CANADIAN PRESS

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We're looking for a talented Graphic Designer whose portfolio and experience reflects that of a strong print design background. In this six month contract position, the right candidate will join Metro's dynamic and award winning Creative Services team. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely fast paced environment. In addition a solid comprehension of print design and production, specifically for print advertising and online design skills using web-based media are a definite asset.

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- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
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- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than Jan. 24, 2014. PLEASE QUOTE: "Graphic Designer - Calgary" in the subject line. All submissions will be treated as confidential.

metro

ONE-WAYS CAN'T BE TOSSED YET

Last week, Ward 8 Coun. Evan Woolley made a call for an interesting change of direction in the Beltline. After roughly 40 years of one-way traffic on 11th and 12th avenues, Woolley wants to see it flipped back to an eastbound-westbound flow on both streets, just like the hopping thoroughfare five blocks to the north.

The move has everything to do with turning both avenues into a safer, broader retail area. The idea being that scores of small shops, eateries and other stores would spring up in absence of wide-open, one-way lanes of traffic. The research shows that decreasing traffic flow creates a safer environment for pedestrians and cyclists, encouraging more shopping and retail through a walkable community.

Now, I'm not against any kind of walkable community. In fact, I'd hazard a guess that no one is against a walkable



High Plains Drifter
James Callsen
calgary@metronews.ca

community. Who doesn't want to be able to walk more, instead of finding parking, crawling through the lots of big-box retail outlets and being stuck in traffic. But in all reality, the way our city is built, we need those one-ways to keep things flowing.

Let's face it, one of the other west downtown exit points, Bow Trail, sucks during rush hour. There's not really a decent west-bound lane anywhere in the core or outside of 11th. We chop that in half and you have a whole pile of downtown commuters headed home to the southwest every day in extremely slow stop-and-go compared to the relatively easy one-way cruise that we enjoy today (on a good day).

After the lanes get divided and new retail life springs to the north end of the Beltline, how are we going to get there? 17 Avenue is nightmarish for traffic on a Saturday afternoon already, and while it's great to get around on

Think again

I'm not against any kind of walkable community.... But in all reality, the way our city is built, we need those one-ways to keep things flowing.

foot, like it or not, Calgary is built for the car. Where do all the shoppers come from and how do they get there?

I'm the first guy to make the case for more transit to get people downtown and more multi-family housing in and around the core, and I'll even tip my hat to the bike lanes, but we still need to move traffic and both avenues are key to keeping cars moving.

So before we go dividing our main motorcar movers, can we look at the factors that need to move in place first? Namely, more transit and a higher downtown population. Put those in place and one-ways through the Beltline could easily become obsolete.

Clickbait



Luke Simcoe
Metro Online

3D printing has been a tech buzzword for the past few years, and 2013 saw the phenomenon subjected to equal parts hype and hyperbole (3D-printed guns, anyone?). However, based on the offerings on display at this year's Consumer Electronics Show, 2014 may be the year when 3D printers become stable enough, user-friendly enough and cheap enough to make it into the mainstream. Here are just a few of the 3D printers that made waves at this year's CES:

MakerBot Z18:

MakerBot is definitely the company to beat when it comes to commercial 3D printers, and the Z18 is its new flagship. Capable of printing objects 12 inches wide and 18 inches tall, it's one of the largest printers on the market. It will retail for \$6,499 US and come with access to MakerBot's digital store, billed as the iTunes of 3D printing.



GETTYIMAGES

The da Vinci:

A budget entry by XYZprinting Inc., the da Vinci was one of the most affordable printers at CES. It's expected to ship by mid-March and will sell for a paltry \$499.

Twitter



@metropicks asked:
Tonight celebs at the Golden Globes will honour the best in Hollywood. Do you think these award ceremonies still matter?

@SpenceShaun: Timeless Hollywood tradition to honor the hard work of countless individuals. Wouldn't happen if it didn't matter.

@mrscreazycakes: most of the movies don't matter. Why would the awards.

@77_tree: yes, a lot of hard work and dedication is put in by these actors, it's their job and this is a way to acknowledge it

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: calgaryletters@metronews.ca

ZOOM

Go Canada Go!



JEFF MCINTOSH/THE CANADIAN PRESS

Olympians treated like rock stars

Natalie Spooner, a member of Canada's women's hockey team, high-fives Madison Armet, 13 months old, during a send-off party for Canada's Sochi-bound Olympic athletes in Banff on Saturday.

Hundreds of fans wished the country's Olympians good luck at the upcoming Games in Russia. METRO

Lucky charm

- The Royal Canadian Mint revealed its 2014 lucky loonie at the Banff block party.
- The coin is intended to be a good-luck charm for athletes and will be given to each member of the Canadian team.



Steve Podborski, chef de mission for Canada at the 2014 Winter Olympics, inspects the newly unveiled lucky loonie.
JEFF MCINTOSH/THE CANADIAN PRESS

We've got Games

- Team Canada is ready to make some noise in Sochi and Metro will be there to follow its athletes. Go to metronews.ca/gameon for the latest in video, photos, chat and news from the 2014 Winter Games.



@metropicks asked:

Tonight celebs at the Golden Globes will honour the best in Hollywood. Do you think these award ceremonies still matter?

@kmacnaull: Sometimes you need a break from the seriousness of the world and celebrate creativity, laughter & a great dress.

@RealMarcDunn: When fame & fortune aren't enough, only a globular hunk of metal will do. #GoldenGlobes #allwashedup

Stars gather for one last big show before Oscar time

Golden Globes.

Less-polished little sister of awards ceremonies full of off-kilter moments



NED
EHRBAR

Metro World News in Hollywood

The stars of film and television packed the Beverly Hilton ballroom Sunday for the 71st Annual Golden Globe Awards. With the Academy Awards nominations just days away, the results from the Globes are expected to be a bigger factor than usual in this year's Oscar race.

While 12 Years a Slave lost out in its acting and directing categories, it won where it really counts, earning the Golden Globe for best drama and edging it ahead of main rival Gravity in the Oscar best picture race.

Amy Adams and Jennifer Lawrence certainly upped the chances for American Hustle, taking home best actress in a motion picture comedy and best supporting actress in a motion picture, respectively for David O. Russell's 1970s caper.

Leonardo DiCaprio earned his second career Golden Globe, taking home best actor in a comedy for the Wolf of Wall Street, making sure to poke fun at it being in the comedy category during his speech.

Matthew McConaughey and Cate Blanchett cemented their Oscar front-runner statuses with wins for Dallas Buyers Club and Blue Jasmine, respectively.



Jennifer Lawrence and her Golden Globe for her role in American Hustle.

ALL PHOTOS JASON MERRITT/GETTY IMAGES



Amy Poehler and Tina Fey returned for a second year of hosting duties. Poehler also won best actress in a TV comedy for Parks and Recreation.

McConaughey's co-star, Jared Leto, also a favorite for an Oscar nomination and win, earned the best supporting actor in a drama award for his transformative role in Dallas Buyers Club, while Alfonso Cuarón earned a Globe for his visionary directing in Gravity.

In the TV categories, HBO's Liberace biopic, Behind the Candelabra, continued the awards dominance it started at the Emmys in September with wins for the film itself and star Michael Douglas, while Breaking Bad enjoyed a post-series finale victory lap, nabbing Globes for the series itself and for star Bryan Cranston.

Netflix's House of Cards earned its first Golden Globe, going to Best Actress in a TV Drama winner Robin Wright.

Jacqueline Bisset, who won for her supporting work in the TV miniseries Dancing on the Edge provided the first awkward moment of the night with a pause-filled acceptance speech during which she worked in a profanity and advice from her mother: "Go to hell, and don't come back."

But that was just the beginning in a night full of off-kilter moments. Best song winner Alex Ebert started off his speech by recounting a party encounter with presenter Sean Combs.

Top of the Lake star Elisabeth Moss opened her best actress in a miniseries or TV drama speech with a simple, overwhelmed expletive, and best screenplay winner Spike Jonze, startled by music swelling up to play him off, countered with "Hey wait, I just got started."

The Best of Tina and Amy:

Three of their best quips:

- "[Gravity is] the story of how George Clooney would rather float away into space and die than spend one more minute with a woman his own age."
- "For his role in Dallas Buyers Club, [Matthew McConaughey] lost 45 pounds. Or what actresses call being in a film."
- "We're going to get this show done in three hours, or as Martin Scorsese calls it, Act One."



Bryan Cranston wins best actor in a TV series drama for Breaking Bad.

Online



For more red carpet looks and complete Golden Globes results, visit metronews.ca.

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2
SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Styles won't be keeping up with the Kardashians



Harry Styles, who is dating Kendall Jenner, has reportedly made it clear he will not appear on Keeping up with the Kardashians. "You're such a precious little thing," said Kris Jenner. "But I got Kanye West on the show. I think I can deal with you."

This past Monday was what is considered the most depressing day of the year. That is clearly non-



sense, as Monday is when I heard that in the Wachowskis' Jupiter Ascending, Channing Tatum will play a half-wolf, half-human albino warrior. #sosohappy.

Billy Ray Cyrus is doing a hip hop remix of Achy Breaky Heart. As long as he isn't doing a Baroque remix of his mullet.

The Polar Vortex is: 1) A new Syfy series involving

an outpost of disenchanted scientists raising wolf/human warrior hybrids. 2) A Canada Goose coat design. 3) Dairy Queen's new frozen treat: Suck it, Blizzard. 4) Billy Ray Cyrus' rapper name. 5) What spontaneously forms around you when you refuse to appear on Keeping up with the Kardashians.

David Copperfield has gotten engaged. Surprisingly, not to a mind-boggling illusion.

Justin Bieber's manager Scooter has gotten engaged. Surprisingly, not to Segway.

Queen Elizabeth reportedly demands that Prince Harry shave off his beard. Take that, everyone who believes the monarchy is powerless and irrelevant.



Hilary Duff and Mike Comrie. ALL PHOTOS GETTY IMAGES

No fairy-tale ending for Duff and Comrie

Ah, weekends. The perfect time to relax, sleep in, and grab brunch. Or if you're a celebrity, get married or divorced. So here are this past weekend's notable unions and dissolutions. First up is Hilary Duff and ex-NHL star Mike Comrie, who announced in a statement over the weekend that they "have mutually decided to an amicable separation" and will "remain best friends and will

continue to be in each other's lives." The two are parents to toddler Luca, of whom they'll have joint custody.

It certainly looks like an amicable split, with Hilary tweeting, "Mike and I are sitting here, we are so appreciative for all of your kindness & well wishes." She continued, "Not an easy day but we're getting thru it together."

Meanwhile, Pamela Ander-

son and pop culture footnote Rick Salomon (remember him? He's the guy who made Paris Hilton famous when he starred as the other half in that sex tape) announced their marriage over the weekend. "We're very happy," Pamela disclosed to E!. "Our families are very happy and that's all that matters." It's the second marriage for the couple — to each other.

DOROTHY ROBINSON/METRO

Justin Bieber's (alleged) eggscellent adventure



He says they videotaped the incident. Whitmore says Bieber won't speak to deputies.

THE ASSOCIATED PRESS

Is this band no longer headed in One Direction?



Liam Payne

Rumours about strife in the ranks of One Direction have apparently gotten so widespread that Liam Payne himself had to take to Twitter in an attempt to put them to rest. "Lots of articles saying we are clashing," Payne wrote. "No one's clashing, we are just having a bit of family time after hitting the road for three years." The rumoured infighting is supposedly the result of Harry Styles wanting to "transform" the band's sound, according to a Daily Star story. "He thinks their next album is the perfect time to create a much edgier and more rock-and-roll image...."

Twitter



@AFalecbaldwin

Abuse of political power is unforgivable.



@officialjaden

I'm Slowly Realizing I Need To Make A Trip Out To Norway



@Joan_Rivers

Heading back to NYC from L.A. Everything is so fake and plastic in L.A. — you'd think I'd fit right in, but I'm excited to be going home!

IMMORTAL

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to see

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Push them out of the plane and stand back

Skydive Plane Parent.

We've heard of helicopter parenting, but Metro's columnist has a new approach — allowing your kids to be (gasp) independent



IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

While watching a news segment on "Helicopter Parents," my daughter turned to me and said, "You're not a Helicopter Parent," which was not news to me. She continued, "You're more like a 'Skydive Plane Parent.' You push us out and don't look back." She paused and added, "You sometimes give us a parachute."

I am not sure if she meant this as a compliment or a complaint but I took it as the former.

Yes, I confess, I make my kids go to school when it's cold, but I don't think making your children go to school on a school day when it's safe to do so is pushing them out of a plane or otherwise. In fact, it is pretty much what we in the work world merely call "meeting expectations."

But maybe I'm harsh. I've also been known to let my son (then eight) start a dog walking business where he had to (gasp) walk the dogs on his own around



Don't baby them, they can handle making a sandwich and salad for lunch. iSTOCK

our quiet neighbourhood. This resulted in calls from concerned parents that he was on his own (of course to which my response was, "I hope he had a dog with him or he's fired").

At age nine I let him ride his bike to school, by himself, crossing a busy intersection.

My 11- and 14-year-olds routinely get themselves

breakfast, make their lunch and get out to the bus or walk to school when both my husband and I have to leave the house hours before they do.

They've been going to public washrooms by themselves since they could figure out the "M" versus "W" signs on the doors.

When my 14-year-old informed me I had to miss

going out to a long-planned evening event because she needed me to help her study, as she had procrastinated, I answered with, "Are you new here?"

I had a good time at the event, thanks for asking.

I'm not always that mean. My 19-year-old son had his wallet and phone stolen in New Zealand, and I did help him. I cancelled

the phone and his credit card.

Do these actions make me a "Skydive Plane Parent"? OK then. I push them, they keep coming back. Replace that umbilical cord with a rip cord. Give them the chance to exceed your expectations.

KATHY BUCKWORTH IS THE AUTHOR OF *I AM SO THE BOSS OF YOU: A 8-STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS*

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Exclusively online



Be sure to read the latest from Lynda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

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More than just a pretty face: Spinach salad with squash, almonds and more



This recipe serves six and contains 320 calories per serving. ROSE REISMAN



ROSE REISMAN
For more, visit
rosereisman.com or
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You'll be surprised to find the abundance of nutrients that exist in this delicious and attractive salad.

The spinach, butternut squash and pomegranate seeds give you a trio of daily required vitamins and minerals. Spinach contains antioxidants that can fight cataracts, heart disease and certain cancers. Butternut squash is an excellent source of vitamin A, which gives you better skin and better eyesight. Pomegranates are known to help combat prostate cancer and Type 2 diabetes.

To access the seeds from a pomegranate, slice horizontally and, over a bowl, tap the skin-covered half with a wooden

spoon until the seeds release. The candied toasted almonds give you a special treat when you bite into this salad and they are so easy to achieve. You can prepare these nuts in advance and keep them stored in any airtight container.

This salad explodes with flavor and super foods but you can add some grilled protein, such as chicken, fish or meat, to make it a complete meal. If meat isn't your thing, you can add one cup of cooked grains such as quinoa or brown rice.

Directions

1. Preheat oven to 375 F. Line two baking sheets with foil and lightly coat with cooking spray.

2. Almonds: rinse with cold water. Drain but do not let dry. Place them in a bowl and add the 3 tbsp of brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out

on one prepared baking sheet.

3. Meanwhile, mix squash cubes with 1 tbsp brown sugar and 2 tbsp maple syrup and place on other baking sheet. Bake nuts 8 minutes just until nuts begin to brown. Remove and let cool. Then chop. Bake squash for 20 minutes or just until tender. Cool slightly.

4. Salad: place the spinach, pomegranate seeds and squash in a large serving bowl.

5. To make the dressing whisk together the garlic, mustard, cider vinegar, 2 1/2 tbsp maple syrup, olive oil, lemon juice and salt and pepper in a small bowl.

FLASH FOOD



Ingredients

Almonds

- 1/3 cup whole almonds
- 3 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

Salad

- 12 oz butternut squash, cut into 1-inch cubes
- 1 tbsp brown sugar
- 2 tbsp maple syrup
- 8 cups baby spinach
- 1/2 cup pomegranate seeds

Maple Dressing

- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper

Pour the dressing over the salad and toss. Top with the chopped almonds.

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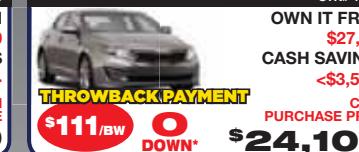
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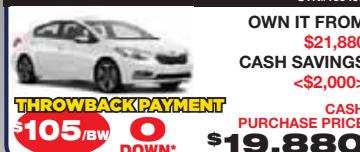
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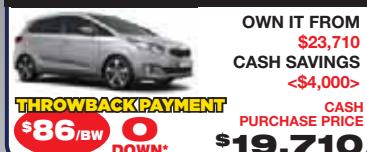
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CERTIFIED PRE-OWNED

Need a lesson on leaving that lump alone? You've got Gail!

All hail Gail.

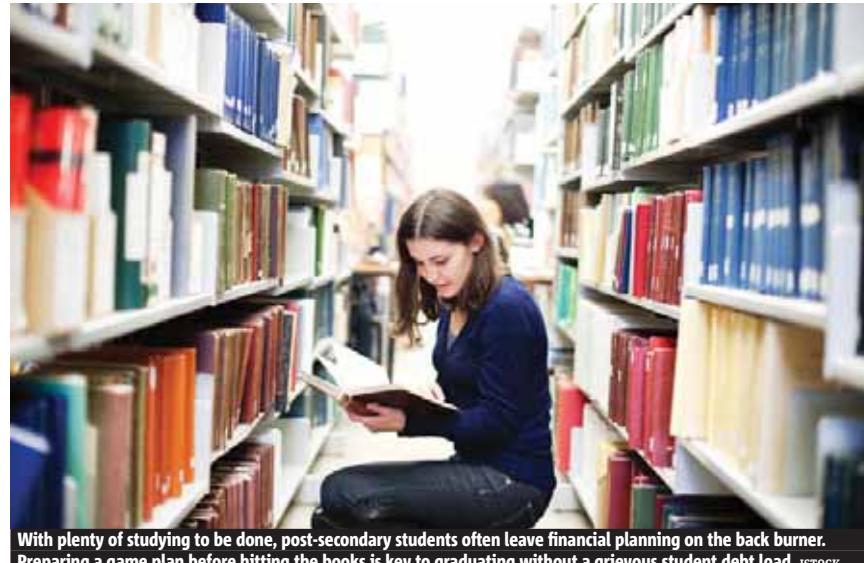
Canada's reigning queen of cash Gail Vaz-Oxlade imparts some serious cents to today's students

Canadians have come to know Gail Vaz-Oxlade as the no-nonsense provider of penny pinching wisdom on TV shows *Til Debt Do Us Part*, *Princess* and most recently, *Money Moron*. The Jamaican-born mother of two has written a library of books on the topic of bad spending, and she's now focusing her attention on today's cash-confused post-secondary students and their parents. In this excerpt from her new book, *Saving for School*, Vaz-Oxlade uses hypothetical students Sonny and Darling to explain how they and their parents can best handle a lump sum of moola, the likes of which could come from a scholarship, a bursary or a summer spent saving.

Here are the steps to help Darling and Sonny make a plan for how they'll use their lump-sum money.

Step 1

List all the money they'll have from summer employment, scholarships, bursaries, RESPs (the annual lump sum they'll withdraw), gifts from relatives and loans, along with any other money they can scrounge.



Step 2

List the money they know they'll need to cover tuition, books and supplies, travelling to school at the beginning of the year and home again at the end (along with all the trips home in between), first and last months' rent or residence expenses, and the first grocery shop or student food plan.

Step 3

Figure out an amount to set aside for emergencies. Do not skip this step. Emergencies happen. That's a part of life. Being financially prepared for them means Darling and Sonny will have options in terms of how they deal with those balls from left field. Being unprepared is immature

and short-sighted. I recommend at least \$500. Make sure you talk about what constitutes an emergency; not everything is worthy of emergency status, no matter how dramatic Sonny or Darling may be.

An emergency is something that threatens your health or ability to continue

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

at school, such as:

- A laptop that suddenly dies (even if it's because someone poured beer over the keyboard ... yes, it really happened to the daughter of a friend of mine).
- A power outage that causes all the food in the fridge to rot (again, yes, it really happened to Alex in her second year at school, when she was living off campus and a tree fell on the power lines).
- A trip home to deal with a sick relative, the death of a family member or friend, or another unexpected family event.

Who is in charge of the emergency money? Darling

More bang for your buck?

- Readers can visit metronews.ca to find more content from this excerpt, including advice on how to work out a plan for spending school money in the best possible way.
- Gail's Student Lump-Sum Money Worksheet will also be available for download.

and Sonny need to take responsibility for managing it. You do want them to act like grown-ups, right? Then you must treat them as such. That means if they blow all their "emergency" money on beer and then their laptop dies, you keep your hands out of your pockets.

Step 4

Subtract what needs to be



spent from the lump-sum amount and divide the remainder by the number of months at school to give you the amount that will cover monthly expenses. If Darling and Sonny are in a traditional program that lasts eight months of the year (leaving them with four months to work and make money for the next year), they'll have to figure out their budget for eight months. So take whatever is left after the lump-sum calculation and divide it by eight. Some people do school all year round, in which case you'd have to stretch that money over 12 months.

If there's no money left after the lump-sum exercise, work will be a must. There are all sorts of ways for kids to make money or reduce their expenses. Both my editor, Kate, and Alex's BFF, Callie, were residence dongs, which meant their room and board were covered.

Kids shelve books at libraries, serve coffee and make sandwiches, or work retail. There are some programs that are so intensive that a part-time job isn't an option, in which case maybe Momsie and Pops will pony up with some money to help on a monthly basis.

If there is money left, dividing it up sensibly is the only way to make it last. Regardless, you need to have some sense of where that money is going to go each month.

EXCERPT FROM *SAVING FOR SCHOOL* BY GAIL VAZ-OXLADE. © 2013 BY GAIL VAZ-OXLADE. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.

THE FUTURE IS NOW

EVENING KEYNOTES ON EDUCATION

The Calgary City Teachers' Convention Association would like to invite the public to a thought-provoking evening on the **Future of Education** featuring Author & Researcher **Joel Westheimer** and Science Broadcaster & Beakerhead Co-Founder **Jay Ingram**. Thursday, February 13, 2014 from 6:45-9:30 pm (doors at 6:00) in the Macleod Hall at the Calgary TELUS Convention Centre.



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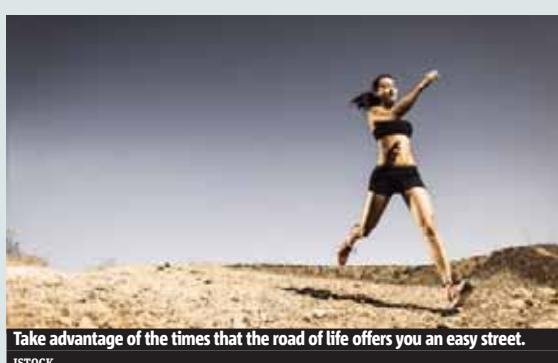
Build momentum when gravity is on your side

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Desert running, like most of life's projects, is rarely level. The vast majority of the Gobi race was run either up or downhill. Little of the course was flat: the starting elevation was 5,000 feet, the peak was 10,000 and the finish back down at 4,200 feet.



Take advantage of the times that the road of life offers you an easy street.
ISTOCK

While most serious gains on competitors were earned while running uphill, where the speed of a strong climber is a significant advantage, I found that the downhill was the most unused opportunity.

Whenever gravity was on my side, I chose to push harder and go as fast as I could. Almost every time, I separated from my competitors and advanced far more than when running uphill.

Typically when we take on a difficult project, like running a desert, we experience arduous uphill battles, simple flat sections, and other moments

that appear effortless like a downhill. When stages seem effortless, most of us tend to become complacent instead of making bigger gains and leaping ahead. In fact, we slow ourselves down. This comes at a huge cost to which we are blind, as employing more speed downhill not only helps us make fast progress, it also gives us momentum on the flat section that follows. And it can even power us over the next challenge.

Turn that effortless moment into momentum, or what I call "free" speed.

STÉFAN DANIS IS THE CEO OF NEXCA-REER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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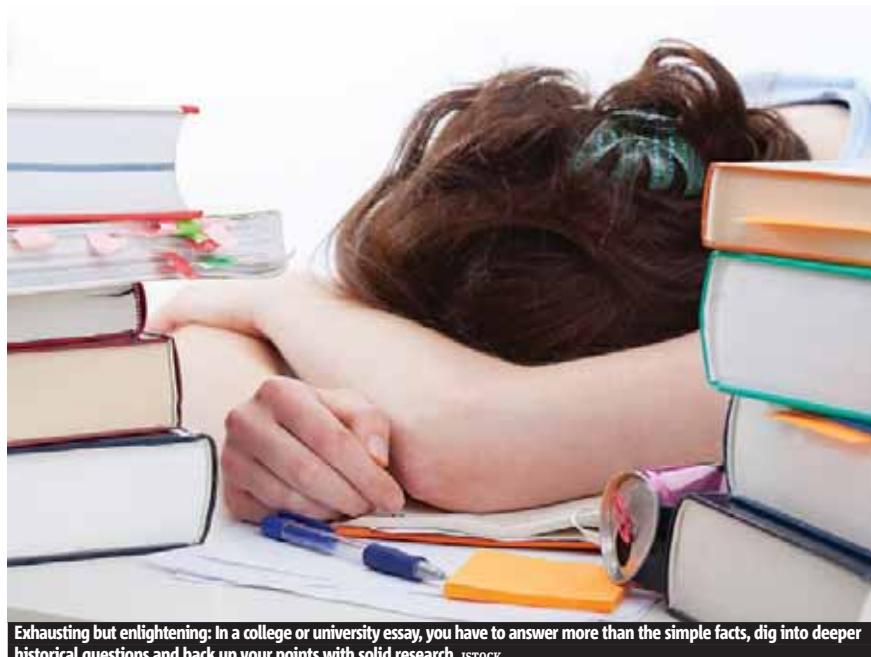
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Ask a professor. The five-paragraph essay was your intro into the analytical world, now let's go deeper

LEE SKALLERUP BESSETTE
Metro World News

I am here today to liberate you. From what? From the tyranny of the five-paragraph essay that reigns over most high school careers. Sometimes it's called the 3.8-paragraph essay, but whatever the formulaic essay format that became the default for any "formal" writing you did for school,

it's over. Now that you are in college, five paragraphs are no longer necessary, or even practical, for the kinds of writing you will need to do.

This isn't to say that organization and structure, thesis statements and conclusions, evidence and research are no longer relevant.

But it means that post-secondary writing gives you the opportunity to go further and deeper into a subject than was ever allowed in the rigid confines of five paragraphs.

At the end of the day, what professors are looking for throughout your post-secondary education is to see students begin to

think deeply and differently about a given subject or topic, to start asking hard questions and begin to try and answer them.

In high school, you were often called upon to give reports: book reports, lab reports, history reports and so forth.

You did some research (also known as Google), and then dutifully copied these pieces of information and facts into a document or a PowerPoint to be repeated back to the teacher and the class. In college, that is only the beginning.

Asking questions, making connections, digging deeper: all things that take far more than five paragraphs to accomplish.

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Skiathlon

Killick closes in on Sochi berth

Graeme Killick made his case for representing Canada at the 2014 Winter Olympics on Sunday after dominating the field in the men's skiathlon race in Canmore which is doubling as Cross Country Canada's Olympic trials.

The 24-year-old Killick, from Fort McMurray made his move on the final lap of the 15-kilometre classic portion of the race and cruised home to victory, winning the 30-kilometre race with a time of one hour, 26 minutes 53.9 seconds to all but officially secure his spot in Sochi, Russia, this February.

THE CANADIAN PRESS

Figure skating

Chan, Virtue, Moir lead young Canadian squad

Loaded with rookies, but brimming with promise — Canada's young figure skating team for the Sochi Olympics might turn out to be its best ever.



Patrick Chan

THE CANADIAN PRESS

Moir headline a 17-member Canadian figure skating team for Sochi that has 14 first-timers.

The team has set a goal for three medals in Sochi — in men's singles, ice dance, and the new team event — which would match its best ever result of three in 1988 in Calgary. THE CANADIAN PRESS



Riddle's half-pipe evolution continues in Colorado

Edmonton's Mike Riddle warms up ahead of the men's freeskiing halfpipe final on Day 5 of the U.S. snowboarding and freeskiing grand prix on Sunday in Breckenridge, Colo.

Riddle took second place with 85.2 points, 3.8 points behind American David Wise. On the women's side, Maddie Bowman had a solid first run to hold off Ayana Onozuka of Japan. Calgary's Megan Gunning was the top Canadian with 78.66 points, good for ninth place.

STREETER LECKA/GETTY IMAGES

Fairbairn finds World Cup podium

Skeleton. Consistent Calgarian slider takes bronze in Switzerland

John Fairbairn became just the fifth Canadian male to win a World Cup medal in skeleton since the sport made its Olympic debut in 2002 after winning the bronze on Sunday.

The 29-year-old from Calgary put together two solid pushes with two consistent runs to clock a bronze-medal time of two minutes 17.32 seconds on the 1,700-metre non-refrigerated track.

"I'm really excited to get my first podium in St. Moritz.

We've got Games

Team Canada is ready to make some noise in Sochi and Metro will be there to follow them. Go to metronews.ca/gameon for the latest in video, photos, chat, and news from the 2014 Winter Games.



I had an excellent day today," said Fairbairn. "I don't think I expected it but I'm also not surprised because I have been sliding well and I felt like I was capable of doing this."

Latvia's Dukurs brothers grabbed the top two spots on the podium for the second

time this week. Martins was first at 2:15.54, while Tomass slid to the silver with a time of 2:16.63.

One of the most consistent sliders on the men's World Cup squad, Fairbairn had a breakthrough in the final race before Christmas in Lake Placid, N.Y., when he posted a career-best sixth. He backed that result up with another sixthplace finish on Friday in St. Moritz, Switzerland.

"I think my consistency is paying off as the season continues," said Fairbairn. "My results earlier this year have given me a lot of confidence for each race, and I'm going to ride that all the way to the Olympics."

THE CANADIAN PRESS



Calgary's John Fairbairn competes during Heat 1 on Friday in St. Moritz, Switzerland.

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4 SPORTS

Peyton prevails over postseason pressure to earn rematch with Pats

NFL playoffs. Broncos hold off a 4th-quarter Chargers comeback to set up Brady vs. Manning

Peyton Manning welcomed Wes Welker back into the lineup with a touchdown toss and the Denver Broncos narrowly avoided a repeat of their playoff slip from last year, advancing to the AFC championship game with a 24-17 win over the San Diego Chargers on Sunday.

The Broncos (14-3) controlled the game for 3 1/2 quarters before Philip Rivers capitalized on an injury to cornerback Chris Harris Jr. to stage a comeback reminiscent of Baltimore's shocking win at Denver exactly a year earlier.

This time, however, Manning rescued the Broncos from the brink of another crushing collapse and sent them into the



Peyton Manning marches off the field after beating the Chargers.

CHRISTIAN PETERSEN/GETTY IMAGES

title game for the first time in eight seasons.

They'll host the New England Patriots (13-4) on Sunday. Get ready for Brady vs. Manning once more.

In the most recent matchup

Divisional round

24 **17**

Broncos Chargers

of QBs with Hall of Fame credentials, Tom Brady and the Patriots rallied past Manning and the visiting Broncos 34-31 in overtime on Nov. 24.

"It's the Broncos versus the Patriots, and certainly Tom and I have played against each other a lot," Manning said after beating San Diego. "But when you get to the AFC championship, it's about two good teams that have been through a lot to get there."

Manning, in the playoffs for a record 13 seasons as a quarterback, ended a personal three-game post-season skid.

THE ASSOCIATED PRESS

Credit Card Authorization Assistant

Metro's Finance Department is looking for a Credit Card Authorization Assistant to join the Credit & Collections team. Reporting to the Credit & Collections Manager, the successful candidate will be responsible for ensuring that all payments made to Metro are correctly received and reported.

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If you think you have what it takes for this position, send your resume and cover letter to hr@metronews.ca no later than January 17th, 2014. PLEASE QUOTE: "Credit Card Authorization Assistant" in the subject line. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.

metro



Aussie Open: Hooroo, Venus

Venus Williams makes a backhanded return to Ekaterina Makarova during their first-round match at the Australian Open in Melbourne early Monday. Williams, a seven-time Grand Slam winner, lost in the first round of the tournament for only the second time, with Makarova earning a 2-6, 6-4, 6-4 victory. ANDREW BROWNLILL/THE ASSOCIATED PRESS

NHL

Maurice replaces Noel as Jets coach

Claude Noel is out as coach of the Winnipeg Jets, replaced by former Leafs coach Paul Maurice.

Noel was fired amid a five-game losing streak that dropped the Jets to 19-23-5 and 10 points back of the final playoff spot in the Western Conference.

Noel, hired after the Atlanta Thrashers moved to Winnipeg before the 2011-12 season, went 80-79-18 during his tenure with the Jets.

THE CANADIAN PRESS

NHL

Leafs burn Devils in a shootout

James van Riemsdyk scored the shootout winner and the Toronto Maple Leafs beat the New Jersey Devils 3-2 Sunday night in Toronto to end their losing streak at four games. It was their first victory since the Winter Classic. THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

| GP | W | L | OL | GF | GA | Pt |
|-----------|----|----|----|----|-----|-----|
| Boston | 45 | 29 | 14 | 2 | 129 | 98 |
| Tampa Bay | 45 | 27 | 14 | 4 | 132 | 109 |
| Montreal | 46 | 26 | 15 | 5 | 117 | 107 |
| Detroit | 46 | 20 | 16 | 10 | 118 | 127 |
| Toronto | 47 | 22 | 20 | 5 | 128 | 143 |
| Ottawa | 46 | 20 | 18 | 8 | 131 | 146 |
| Florida | 45 | 17 | 21 | 7 | 105 | 139 |
| Buffalo | 44 | 13 | 26 | 5 | 77 | 121 |

METROPOLITAN DIVISION

| GP | W | L | OL | GF | GA | Pt |
|--------------|----|----|----|----|-----|-----|
| Pittsburgh | 47 | 33 | 12 | 2 | 152 | 112 |
| Washington | 45 | 22 | 16 | 7 | 136 | 135 |
| NY Rangers | 47 | 24 | 20 | 3 | 118 | 124 |
| Philadelphia | 46 | 23 | 19 | 4 | 121 | 129 |
| New Jersey | 47 | 19 | 18 | 10 | 108 | 117 |
| Carolina | 45 | 19 | 17 | 9 | 111 | 128 |
| Columbus | 45 | 21 | 20 | 4 | 126 | 129 |
| NY Islanders | 47 | 18 | 22 | 7 | 130 | 152 |

Sunday's results

Buffalo 2 Washington 1 (SO)

NY Islanders 4 Dallas 2

Toronto 3 New Jersey 2 (SO)

Chicago 5 Edmonton 3

NY Rangers 4 Philadelphia 1

Minnesota 4 Nashville 0

Anaheim 1 Detroit 0

Saturday's results

Tampa Bay 6 Philadelphia 3

Montreal 2 Chicago 1 (OT)

Ottawa 2 Nashville 1 (SO)

Columbus 6 Winnipeg 3

New Jersey 2 Florida 1 (OT)

Colorado 4 Minnesota 2

Anaheim 5 Phoenix 3

Pittsburgh 2 Calgary 1

Detroit 3 Los Angeles 1

Boston 1 San Jose 0

Friday's results

NY Rangers 3 Dallas 2

Washington 3 Toronto 2

Columbus 3 Carolina 0

NY Islanders 2 Colorado 1 (OT)

Edmonton 4 Pittsburgh 3 (OT)

Vancouver 2 St. Louis 1

Monday's games — All Times Eastern

Calgary at Carolina, 7 p.m.

Tampa Bay at Columbus, 7 p.m.

Phoenix at Winnipeg, 8 p.m.

Vancouver at Los Angeles, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

| GP | W | L | OL | GF | GA | Pt |
|-----------|----|----|----|----|-----|-----|
| Chicago | 48 | 30 | 8 | 10 | 175 | 132 |
| St. Louis | 44 | 31 | 8 | 5 | 161 | 99 |
| Colorado | 45 | 28 | 12 | 5 | 132 | 115 |
| Minnesota | 48 | 25 | 18 | 5 | 118 | 119 |
| Dallas | 45 | 20 | 18 | 7 | 127 | 139 |
| Nashville | 47 | 19 | 21 | 7 | 109 | 141 |
| Winnipeg | 47 | 19 | 23 | 5 | 128 | 145 |

PACIFIC DIVISION

| GP | W | L | OL | GF | GA | Pt |
|-------------|----|----|----|----|-----|-----|
| Anaheim | 48 | 35 | 8 | 5 | 161 | 119 |
| San Jose | 46 | 28 | 12 | 6 | 148 | 116 |
| Los Angeles | 46 | 27 | 14 | 5 | 119 | 96 |
| Vancouver | 46 | 24 | 13 | 9 | 123 | 114 |
| Phoenix | 44 | 21 | 14 | 4 | 133 | 136 |
| Calgary | 45 | 15 | 24 | 6 | 101 | 144 |
| Edmonton | 48 | 15 | 28 | 5 | 126 | 169 |

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

| G | A | Pts |
|--------------|----|-----|
| Crosby, Pgh | 25 | 42 |
| Kane, Chi | 23 | 31 |
| Tavares, NYI | 20 | 34 |
| Getzlaf, Ana | 23 | 30 |
| Thornton, SJ | 5 | 45 |
| Perry, Ana | 25 | 24 |
| Kunitz, Pgh | 24 | 25 |
| Sharp, Chi | 25 | 23 |

Not including last night's games

NFL

DIVISIONAL PLAYOFFS

Sunday's results

San Francisco 23 Carolina 10

Denver 24 San Diego 17

Saturday's results

Seattle 23 New Orleans 15

New England 43 Indianapolis 22

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 19

New England vs. Denver

San Francisco at Seattle

SUPER BOWL

Sunday, Feb. 2

At East Rutherford, N.J.

AFC champion vs. NFC

d - division leaders

Sunday's results

Sacramento 124 Cleveland 80

Memphis 108 Atlanta 101

Saturday, January 11

Houston 114 Washington 107

Toronto 96 Brooklyn 80

Detroit 110 Phoenix 108

New York 102 Philadelphia 92

Oklahoma City 101 Milwaukee 85

Chicago 103 Charlotte 97

Dallas 110 New Orleans 107

Denver 120 Orlando 94

Portland 112 Boston 104

Monday's games — All Times Eastern

Milwaukee at Toronto, 7 p.m.

Houston at Boston, 7:30 p.m.

Phoenix at New York, 7:30 p.m.

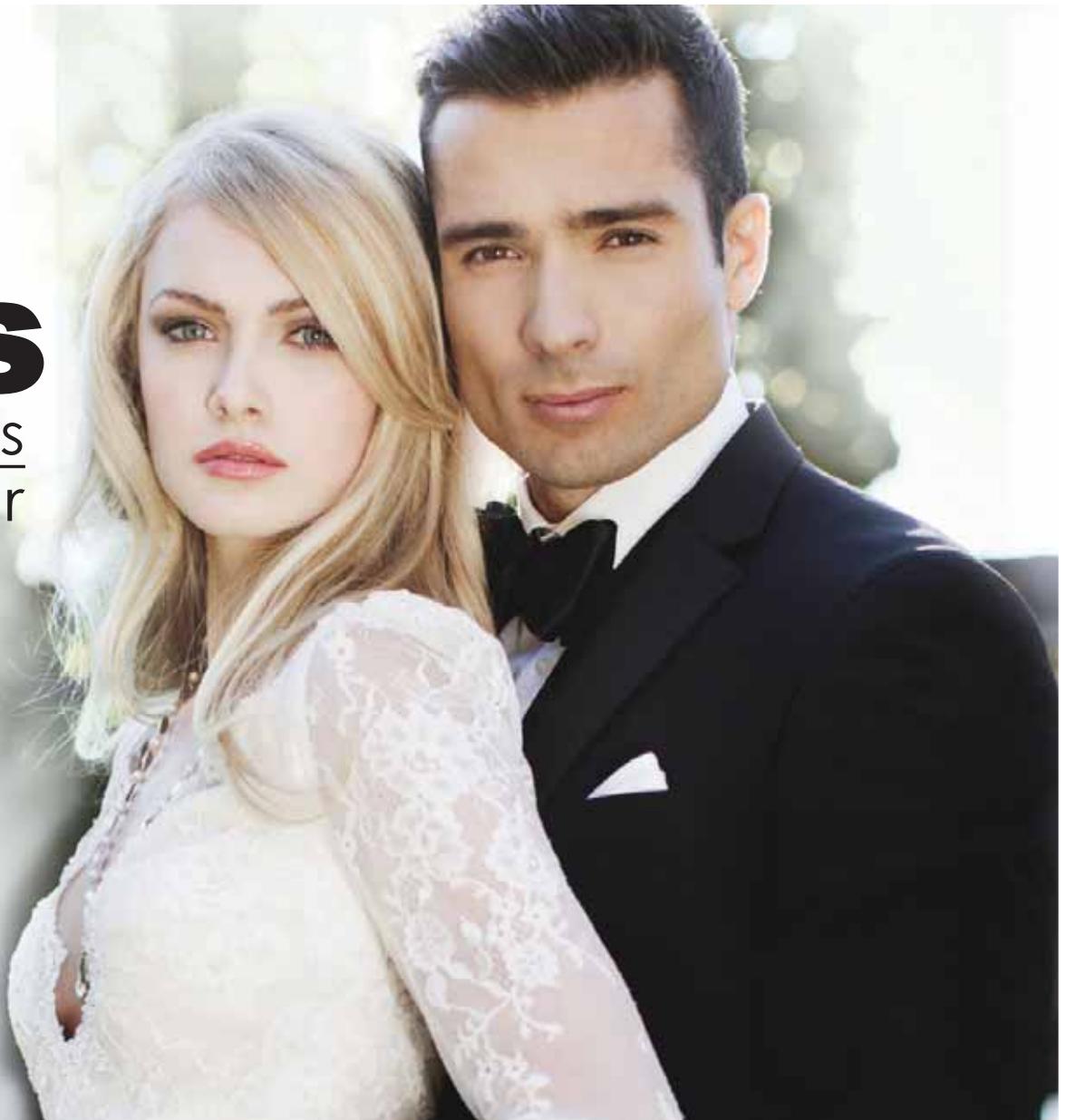
Washington at Chicago, 8 p.m.

San Antonio at New Orleans, 8 p.m.

Orlando at Dallas, 8:30 p.m.

Denver at Utah, 9 p.m.

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